



# Winter Safety



## Outdoor Safety

- Avoid overexertion, such as shoveling heavy snow, pushing a car, or walking in deep snow. Sweating could lead to chill and hypothermia. Cold weather also puts extra strain on the heart, so the elderly and those with heart conditions should be especially cautious when out in the cold.
- Walk carefully on snowy, icy sidewalks.
- Wear loose-fitting, lightweight warm clothing in layers, with a waterproof outer layer.
- Wear wool hat and mittens.
- Keep your clothes dry. Change wet socks and clothing quickly to prevent loss of body heat.

Understand the hazards of wind chill. As wind speed increases, heat is carried away from a person's body more rapidly.

## Automotive Safety

- Ensure that your vehicle is winterized by late fall. Winterizing your car includes checking the tire treads, topping off the windshield washing solution, having a proper mix of anti-freeze and water in the cooling system, and having a mechanic check the belts, hoses, tires, battery, and coolant.
- During winter always keep the fuel tank near full. As, low fuel levels create condensation, that degrades fuel, and can possibly cause a fuel line freeze-up.
- Lastly, keep a portable container in your vehicle equipped with the following items:
  - A Small Battery Powered Radio and Extra Batteries
  - Flashlight with Extra Batteries
  - Windshield Scraper
  - De-Icer and Extra Antifreeze
  - Bottled Water and Nonperishable, High Energy Foods
  - Blanket
  - Flares
  - Jumper Cables
  - Small Shovel
  - First Aid Kit

*Resolve...* to reach a firm decision about; to formally declare

New Year's has always been a time for looking back and moving forward. It's our moment to consider the changes we want to make and resolve to follow through on those changes.

*Fit in Fitness* "Strive for progress, not perfection."

Regular exercise has been associated with so many benefits. Studies show it reduces the risk of some cancers, increases longevity, helps achieve and maintain weight loss, enhances mood, lowers blood pressure, and even improves arthritis. In short, exercise keeps you healthy and makes you look and feel better. Why not make this the time to start getting in shape? When starting out, don't forget to breathe, wear comfortable clothes, and drink lots of water. Remember to incorporate warm-up and cool-down sections in your workout and eat a nutritious, well-balanced diet. Many of our local gyms waive joining fees for new members through the County Insurance plan. Log onto your account at [www.mycigna.com](http://www.mycigna.com) and search "healthy rewards" to see a list of participating clubs.

This year, what will you do to improve your health? Join an Adult Basketball League at Sports Com, get your Health Risk Assessment at Med Point, or sign up for Diabetes Support Group on January 19th.

